

exercise class programme

Arc Leisure Matlock

Accurate as of 17/05/2025

Times for Wednesday 20 March



| Time | Session | Facility | Instructor | Level |
|--------------------|------------------------|--------------|------------|-------|
| 7:00 am - 7:45 am | Freedom Indoor Cycling | Cycle Studio | Shelley F | |
| 9:15 am - 10:00 am | Kettlebells | Studio 2 | Sophie | |
| 12:15 pm - 1:00 pm | Freedom Indoor Cycling | Cycle Studio | Paul E | |